What is claimed is:

1. A roll goods dispenser system comprising:

a roll of continuous length product comprising opposing first and second side surfaces defining a roll diameter and a core defining a central void within the roll; and

a first dispenser guard comprising a retaining plug protruding from a side shield, wherein the side shield covers the entire first side surface of the roll when the retaining plug is located within the central void, wherein the side shield is movable between a closed configuration and an open configuration, wherein the side shield in the closed configuration forms a concave shape facing the roll, the concave shape defining a volume, wherein the roll occupies at least a portion of the volume, and further wherein the side shield in the open configuration forms a convex shape facing the roll.

2. A system according to claim 1, wherein the side shield is biased in either the open configuration or the closed configuration, whereby a force is required to move the side shield between the open configuration and the closed configuration.

3. A system according to claim 1, wherein the retaining plug is friction fit within the central void.

4. A system according to claim 1, further comprising a second dispenser guard comprising a retaining plug protruding from a side shield, wherein the side shield of the second dispenser guard covers the entire second side surface of the roll when the retaining plug of the second dispenser guard is located within the central void.

5. A system according to claim 4, wherein at least one of the retaining plug of the first dispenser guard and the retaining plug of the second dispenser guard is friction fit within the central void.

6. A system according to claim 4, wherein the retaining plug of the first dispenser guard is attached to the retaining plug of the second dispenser guard.

7. A system according to claim 4, wherein the side shield of the first dispenser guard and the side shield of the second dispenser guard form an enclosed volume containing the roll.

8. A system according to claim 7, wherein the side shield of the first dispenser guard is movable between a closed configuration and an open configuration, wherein the side shield forms a concave shape facing the first side surface of the roll when in the closed configuration, the concave shape defining a volume, wherein the roll occupies at least a portion of the volume.

9. A system according to claim 8, wherein the side shield of the first dispenser guard forms a convex shape facing the first side surface of the roll when the side shield of the first dispenser guard is in the open configuration.

10. A system according to claim 1, wherein the continuous length product comprises adhesive tape.

11. A roll goods dispenser system comprising:

a roll of continuous length product comprising opposing first and second side surfaces defining a roll diameter and a core defining a central void within the roll; and

a first dispenser guard comprising a first retaining plug protruding from a first side shield, wherein the first side shield covers the first side surface of the roll when the first retaining plug is located within the central void, wherein the first side shield is movable between a closed configuration and an open configuration, wherein the first side shield forms a concave shape facing the first side surface of the roll when in the closed configuration, the concave shape

defining a volume, and further wherein the roll occupies at least a portion of the volume; and

a second dispenser guard comprising a second retaining plug protruding from a second side shield, wherein the second side shield covers the second side surface of the roll when the second retaining plug is located within the central void, wherein the second side shield is movable between a closed configuration and an open configuration, wherein the second side shield forms a concave shape facing the second side surface of the roll when in the closed configuration, the concave shape defining a volume, and further wherein the roll occupies at least a portion of the volume.

12. A system according to claim 11, wherein the first side shield is biased in either the open configuration or the closed configuration, whereby a force is required to move the first side shield between the open configuration and the closed configuration, and further wherein the second side shield is biased in either the open configuration or the closed configuration, whereby a force is required to move the second side shield between the open configuration and the closed configuration.

13. A system according to claim 11, wherein the first side shield forms a convex shape facing the first side surface of the roll when in the open configuration, and further wherein the second side shield forms a convex shape facing the second side surface of the roll when in the open configuration.

14. A system according to claim 11, wherein at least one of the first retaining plug and the second retaining plug is friction fit within the central void.

15. A system according to claim 11, wherein the first retaining plug is attached to the second retaining plug.

16. A system according to claim 11, wherein the first side shield and the second side shield form an enclosed volume containing the roll when both the

first side shield and the second side shield are in their respective closed configurations.

17. A system according to claim 11, wherein the continuous length product comprises adhesive tape.

18. A method of dispensing continuous length product from a roll, the method comprising:

providing a roll of continuous length product comprising opposing first and second side surfaces defining a roll diameter and a core defining a central void within the roll;

providing a first dispenser guard comprising a retaining plug protruding from a side shield, the retaining plug being located within the central void of the roll, wherein the side shield covers the entire first side surface of the roll, wherein the side shield is movable between a closed configuration and an open configuration, wherein the side shield forms a concave shape facing the roll when in the closed configuration, the concave shape defining a volume and the roll occupying at least a portion of the volume, and further wherein the side shield forms a convex shape facing the roll when in the open configuration;

moving the side shield from the closed configuration to the open configuration;

unrolling a selected portion of the continuous length product from the roll; and

separating the selected portion of the continuous length product from the roll.

19. A method according to claim 18, wherein the side shield is biased in either the open configuration or the closed configuration, whereby a force is required when moving the side shield from the closed configuration to the open configuration.

20. A method according to claim 18, wherein the retaining plug is friction fit within the central void and wherein the method further comprises pushing the retaining plug into the central void.

21. A method according to claim 18, further comprising providing a second dispenser guard comprising a retaining plug protruding from a side shield, wherein the side shield of the second dispenser guard covers the entire second side surface of the roll when the retaining plug of the second dispenser guard is located within the central void.

22. A method according to claim 21, wherein at least one of the retaining plug of the first dispenser guard and the retaining plug of the second dispenser guard is friction fit within the central void, and wherein the method further comprises pushing the friction fit retaining plug into the central void.

23. A method according to claim 21, further comprising attaching the retaining plug of the first dispenser guard to the retaining plug of the second dispenser guard.

24. A method according to claim 21, wherein the side shield of the first dispenser guard and the side shield of the second dispenser guard form an enclosed volume containing the roll.

25. A method according to claim 18, wherein the continuous length product comprises adhesive tape.

26. A method of dispensing continuous length product from a roll, the method comprising:

providing a roll of continuous length product comprising opposing first and second side surfaces defining a roll diameter and a core defining a central void within the roll; and

providing a first dispenser guard comprising a first retaining plug protruding from a first side shield, wherein the first side shield covers the first side surface of the roll when the first retaining plug is located within the central void, wherein the first side shield is movable between a closed configuration and an open configuration, wherein the first side shield forms a concave shape facing the first side surface of the roll when in the closed configuration, the concave shape defining a volume, and further wherein the roll occupies at least a portion of the volume; and

providing a second dispenser guard comprising a second retaining plug protruding from a second side shield, wherein the second side shield covers the second side surface of the roll when the second retaining plug is located within the central void, wherein the second side shield is movable between a closed configuration and an open configuration, wherein the second side shield forms a concave shape facing the second side surface of the roll when in the closed configuration, the concave shape defining a volume, and further wherein the roll occupies at least a portion of the volume;

moving the first side shield from the closed configuration to the open configuration;

moving the second side shield from the closed configuration to the open configuration;

unrolling a selected portion of the continuous length product from the roll; and

separating the selected portion of the continuous length product from the roll.

27. A method according to claim 26, wherein the first side shield is biased in either the open configuration or the closed configuration, whereby a force is required when moving the first side shield from the closed configuration to the open configuration, and further wherein the second side shield is biased in either the open configuration or the closed configuration, whereby a force is required when moving the second side shield from the closed configuration to the open configuration.

28. A method according to claim 26, wherein the first side shield forms a convex shape facing the first side surface of the roll when in the open configuration, and further wherein the second side shield forms a convex shape facing the second side surface of the roll when in the open configuration.

29. A method according to claim 26, wherein at least one of the first retaining plug and the second retaining plug is friction fit within the central void, and wherein the method further comprises pushing the friction fit retaining plug into the central void.

30. A method according to claim 26, further comprising attaching the first retaining plug to the second retaining plug.

31. A method according to claim 26, wherein the first side shield and the second side shield form an enclosed volume containing the roll when both the first side shield and the second side shield are in their respective closed configurations.

32. A method according to claim 26, wherein the continuous length product comprises adhesive tape.